

BE WELL, LEARN WELL - STUDY SKILLS AND WELLBEING

As we begin this academic year's last Term, all sorts of important deadlines are approaching. Exams, dissertations, presentations...getting through it all requires a decent amount of self-discipline, motivation, and resilience.

And while it may feel like you still have a mountain of readings to get through, or that your thesis progress isn't what you'd hoped it would be, you will get there!

We hope that some of the books in this month's display will help you develop skills that will help you reach your goals here at Oxford, and in life in general. All of the books on display are written on a solid scientific basis, by people who are experts in their field.

"The organized mind", "Your brain at work", and "Indistractable" will show you how to keep your focus in times of constant distraction by smartphones and social media.

The "Overcoming" book series will help those of us who struggle, for whatever reason, with anxiety, stress, or panic. There is a book on each of these topics on display this month.

If you want to improve your productivity, have a look at "Deep Work" or "100 things productive people do". And if you're currently writing your thesis, or whatever else, have a look at "How to write your literature review", "The academic skills handbook", or "Becoming a critical thinker".

We hope these books will be helpful. Don't forget you will find an even more extensive list of wellbeing and study skills books on [our library webpage](#). As always, if you have any questions or suggestions, do let us know.

